

Peach Mango Popsicles

Ingredients:

- 1 cup pureed mango (from peeled fruit)
- 1 cup pureed peaches (from peeled fruit)
- ¼ cup water
- 2 tbsp. sugar
- Lemon juice to taste
- 8 Popsicle sticks



*VEGAN



*GLUTEN-FREE



*SOY FREE

Nutrition Facts

Serving Size 1 popsicle (70g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Sugars 14g

Protein 0g

Vitamin A 20% • Vitamin C 15%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Combine fruit purees in a medium bowl. Heat water and sugar, stirring until sugar dissolves. Add purees with lemon juice to taste.
2. If you have popsicle molds, fill them, leaving some room at the top to allow for expansion, set the lids in place and insert the sticks through the holes.
3. If you don't have molds, fill small, empty & washed yogurt cups about ¾ full. Stretch plastic or foil across the top and make small slit to insert sticks.
4. Freeze until firmly set (3-4 hours). To remove pops, remove lid or wrap, then squeeze the sides of molds, twisting slightly.